

Scottish Urinary Tract Infection Network Newsletter March 2018



Hello and welcome to the first SUTIN newsletter of 2018.

National Catheter Passport (NCP)

On January 29 2018, SUTIN launched the NCP in collaboration with National Procurement

and the National Distribution Centre. National Procurement has worked with suppliers to ensure that this document is provided free at point of use as part of the national catheter contract.

The primary function of the NCP is:

- An education tool for the person who has a urinary catheter.
- A communication tool for health and social care staff around the person's catheter – why they have it, when it was inserted and future plans such as trial without catheter.

Currently, it is possible to download the NCP from SUTIN webpage (see below). The NCP is a person-held document which aims to help with providing seamless care for anyone who needs to use a urinary catheter as they move through the various pathways of health and social care. The Passport also encourages self-management of their device which will help to reduce the risk of complications such as catheter-related urinary tract infections (CAUTI).

The NCP is now going to be available to healthcare staff whenever they order their supply of catheters.

The inside front cover of the NCP is completed by the healthcare worker who issues it to the patient, along with the essential contact details. As well as this, if the catheter is later removed, then the passport is returned and reconciled with either the acute care or community notes (if the person is resident in a care home, then this may be retained within their care notes).

The NCP is now available to order via PECOS using the SKU code 223848. We are currently working on other distribution routes for those who do not order via the PECOS system. We will communicate this information to you all once finalised.

Finally, my tenure as Chair of SUTIN concludes at the end of March. Thanks to everyone's support while I was Chair. I will continue my role as Clinical Lead for the UTI Health Protection Programme at HPS, supporting the new SUTIN Chair, Jacqueline Thompson, Nurse Consultant for Older People at NHS Tayside. <http://www.hps.scot.nhs.uk/haic/sutin.aspx>

Lesley Shepherd
Chair, SUTIN Board

National Hydration Campaign

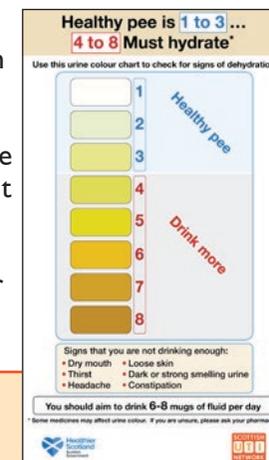
In our December 2017 SUTIN newsletter, we discussed the National Hydration Campaign.

The aims of the Campaign are:

- To support the prevention of urinary tract infection (UTI) and gram negative blood stream infections within the general population.
- To convey the public health benefits of good hydration in terms of UTI.
- To support the work of other national health programmes where good hydration can be beneficial e.g. falls, pressure ulcers, delirium and acute kidney injury.

We have aligned many of the key messages around the benefits of good hydration with other national indicators such as prevention of falls and pressure ulcers, acute kidney injury and antibiotic prescribing. The idea behind this approach is that when hydration is good, then the risks of UTI, falls and pressure ulcers are reduced.

Over the last seven months, our Short Life Working Group has been working on developing a suite of resources to highlight the benefits of good hydration. This supports the people of Scotland to make the right choices in terms of hydration and spotting the signs of dehydration by simply looking at the colour of their urine (see the 'Healthy Pee' chart beside).



Scottish Urinary Tract Infection Network (SUTIN) Newsletter

Contact NSS.ScottishUTINetwork@nhs.net Find out more at: <http://www.hps.scot.nhs.uk/haic/sutin.aspx>

Healthy pee and effects of dehydration posters

The National Hydration Campaign starts in the first week of April with posters displayed in Community Pharmacies across Scotland for six weeks. Printed resources including the 'Healthy Pee' chart and hydration poster will be sent out to Acute and Community Care, Care Homes, Care at Home and GPs via community pharmacy leads. Healthy Working Lives are also including our hydration messages in their Healthy Working Lives Award Scheme where the target group is staff and ensuring that they are drinking enough whilst at work. Campaign materials will also be available via the SUTIN webpage (see link below) as well as via NHS Informs, where the messages will be echoed to the public: <http://www.hps.scot.nhs.uk/haic/sutin.aspx>

If you have any questions about the Hydration campaign in your area or would like support to do something around hydration locally, please contact us by emailing the SUTIN inbox at NSS.ScottishUTINetwork@nhs.net.

Think “Pharmacy First” for uncomplicated UTIs!

Who are we?

Community Pharmacy Scotland (CPS) is the organisation which represents community pharmacy owners and community pharmacists throughout Scotland in almost every aspect of their working lives, and is the voice of these vital healthcare professionals north of the Border, as they deliver pharmaceutical care to the people of Scotland.

What do we do?

CPS' primary role is to develop and negotiate services within the Scottish Pharmaceutical Care Services contract. We also promote the work of the

community pharmacy network to a wide range of stakeholders and external groups.

What is Pharmacy First?

Uncomplicated urinary tract infections and Impetigo are estimated to account for up to 3% of primary care and Out Of Hours appointments, but there is a body of evidence which demonstrates that these conditions can be safely identified, assessed and treated if necessary in the community pharmacy setting. CPS and NHS 24 submitted a joint bid for funds to establish a national service which allows pharmacists to utilise their clinical skills to assess, advise and prescribe for these two common conditions, relieving pressure on our primary care colleagues whilst delivering more rapid access to care for the people of Scotland. We were delighted to learn that the bid was successful - a project manager from NHS Forth Valley was soon appointed (this area has had similar services in place for a number of years), and work to implement in the remainder of the Boards began in earnest in winter 2017. These services are locally negotiated and underpinned by Patient Group Directions (PGDs) which allow the prescribing of Trimethoprim and Fusidic Acid cream under certain conditions.

For UTIs, each Health Board's PGD differs slightly to suit the needs of their population, but in general any woman between the ages of 16 and 65 and not pregnant who is experiencing both frequent and painful urination can present at a community pharmacy to be assessed. There are well-defined inclusion and exclusion criteria to ensure patient safety and proper antimicrobial stewardship, and there are three possible outcomes of an assessment – advice only, treatment or referral. Current estimates put treatment outcomes at around 45% for established services, but formal evaluation is yet to be carried out.

Given the unrivalled accessibility of community pharmacies across Scotland, and that there is no

need for an appointment in most cases, it's not just pharmacy contractors and the NHS who benefit from this development – the real winners (and the reason we pursued this model of care!) are the women of Scotland, who no longer need to suffer unpleasant symptoms or possible complications for longer than absolutely necessary.

What next?

The current PGDs will expire throughout 2019, and depending on the evidence available the inclusion and exclusion criteria may be altered, or the medications extended to include other antimicrobials and widen the patient groups eligible for the service.

CPS will continue to work with the NHS and other stakeholders to find innovative community pharmacy-based solutions to health and social care challenges.

PHARMACY FIRST 

Need healthcare advice without an appointment?

Go to your Pharmacy First

Pharmacy First allows patients to access FREE advice and / or treatment for uncomplicated Urinary Tract Infection in women and Impetigo.

Your pharmacist will ask you about your symptoms in order to give you the right advice. You should be aware there are some exclusions which can prevent your pharmacist from treating you and you may need to be referred to your GP.

 Urinary Tract Infection	 Impetigo
<p>Are you a woman aged between 16 and 65 with any of the following:</p> <ul style="list-style-type: none">• Burning or stinging sensation on passing urine?• Need to pass urine frequently?• Need to pass urine urgently?	<p>Do you have any of the following:</p> <ul style="list-style-type: none">• Minor skin infection on one area of the body?• Red sores that pop easily and leave a yellow crust?• Fluid-filled blisters?• Itchy rash?

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